

QC

DAY TRIPS:

Revisit the past at Lync Theatre's Chautauque Festival **P. 30**

CITY FACES:

Voice actor Dawn Bird has talent for emulation **P. 31**

SHARP EATS:

Two writers cross Canada on an Edible Road Trip **P. 32**

SUMMER SPLENDOR

**SASK. NOTABLES
TELL US WHAT
MAKES THEIR
VACATIONS
SIZZLE P. 4**



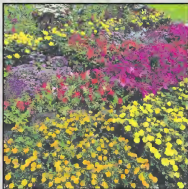
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ON THE COVER P. 4



Former provincial and Canadian curling champion Amber Hollander grilling on a Weber summer day in Regina. QC PHOTO BY JON HOLBY.

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Dyck, Malm, Malm, and Malm family posing outdoors in a park setting. QC PHOTO BY MICHAEL BELL.

QC COVER PHOTOS BY MICHAEL BELL, TROY FLEECE AND MICHELLE BERG

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ON THE COVER

I really love gardening.

— Theresa Sokyrka

#FUN IN SASKATCHEWAN

Nothing beats a summer in Saskatchewan

Theresa Sokyrka, Carlin Taylor, Amber Holland and Gene Mikowsky share their summer plans

By QC staff

It's undeniable: Summer is the best time of year in Saskatchewan. From festivals to week ends at the lake, there are many ways to have fun and keep busy — or relax. QC caught up with four notable Saskers to find out about their summer plans.

Our hosts: Carlin Taylor, the Saskatoon resident, is planning a season to the Ashes (also called Dams), musician Theresa Sokyrka is looking forward to digging in her garden, after 17 seasons with the Saskatchewan Curling Club, Gene Mikowsky's summers are free for BBQs, the province's curling sensation Amber Holland throws in winter but loves summertime on her patio.

Theresa Sokyrka

Theresa Sokyrka spent the first half of her summer driving the Trans-Canada Highway promoting her new album, *Prune Wine Andie* from short visits, she hasn't been back in Saskatoon for seven years. She's now looking forward to summer in her hometown.

Q What are your plans for this summer now that you're back from touring?

A I've been out here for a year, so the summer will be dedicated to finding a decently priced place to live on my own in Saskatoon. I plan to do a lot of yard work at my rental property. I own a home in Warren, Virginia and I really love gardening. I haven't had the chance to do it over the last two years, so I'll be out in the dirt for a little while. Maybe plant some delicious vegetables in my backyard and put out them so that I definitely hope to get out to Rensselaer Lake and Wadena to hang with my friends for a little while. I'm really looking forward to being here.

Q What are some things you can't leave home without?

A I can't leave without my yoga mat. For sure. If I didn't like yoga I would probably go to the gym. The girl who I'm travelling with (singer and vocalist Michelle Robinson), we have



After touring for two months, Theresa Sokyrka is looking forward to raising in Saskatoon and to planting a garden this summer. QC PHOTO BY MICHELLE BOND

a snack bag and we have this brilliant little song (see ring) where one of us reads some thing from the snack bag. It has all sorts of nice little crackers, fruit and granola bars that you can eat while on the road. So you can't move without your snack bag (see ring). And a crossword book. We do a lot of crosswords along the road. And usually a map

as helpful as well. You rely so much on both today and a GPS that you drive through Ontario and rural Minnesota, then you realize, "Oh my god, I don't have service in any of these places!" And it totally screws up all the time. Maps are always there. Maps are where it's at.

Q When's your go-to event in the summer?

A I'll wait back for jazz festival, which is really great. I haven't been back for jazz but for about four years.

I'll hopefully try to make it in New Creek. I'm just going to try to go to as many festivals as I can and just take in a beautiful, beautiful Saskatchewan summer.

I think the best-kept secret is that there's such a variety of things to do. There's so many lakes, but then there's also Moose, fashion week, go-karting, camping and museums and all that kind of stuff. —Caitlin Taylor

Caitlin Taylor

Caitlin Taylor has what she calls "the coolest" summer job ever. As the province's third—and first female—Saskatchewaner, Taylor gets to explore and promote the province and document her experiences through social media. The 20-year-old has been touring the major cities, small towns, lakes and forests in Saskatchewan. The avid baker and horse lover has done everything from rafting and hiking to working government insider and touring museums. She says she's lived every minute of the 4,000 kilometres she's travelled so far and thinks she's got as at least 18,000 more by the end of the summer.

Q What's the coolest thing you've got to do so far this summer?

A Trying to find wild horses on the Bronson Forest in Pelly-Northwest (Bath). We weren't really sure if we were going to see them. We looked all day. We were on the quad for like six hours driving around trying to find them, but we couldn't. We decided to get up at like six in the morning and go out again and we found them the second time. I was so glad we gave it another shot. After high school, I moved to B.C. to work for a horse trainer and I've been making since I was little. I have a passion for horses and seeing wild ones has it says been a dream of mine.

Q What are you most looking forward to on your adventure?

A I am planning a trip to the Athabasca Sand Dunes. That's always to be challenging; every Saskatchewaner believes that they were going to do it, but it's super hard to plan. They are at the very northwest corner of Saskatchewan. You can't drive there; you have to fly and no one lives up there, it's super wild.

Q What do you think is the best kept secret in Saskatchewan during the summer?

A There is actually so much to do and see in Saskatchewan. I got to celebrate my entire summer to doing that and I'm finding that there isn't enough time to do all of it. I've already been having to make tough decisions like, "I see I want to do this



Saskatchewaner Caitlin Taylor bikes down new road near Bowyer Creek. She's planning a trip to the Athabasca Sand Dunes this summer. CP PHOTO BY MICHELLE DEER

or that," because two great weekends happen to be on the same weekend. I think the best kept secret is that

there's such a variety of things to do. There's so many lakes but then there's also Moose, (Saskatchewan)

Fashion Week, go-karting, camping and museums and all that kind of stuff. There's just so much to do and

see. I think Saskatchewan's best kept secret is its variety of activities. *Continued on Page 4*

I am a very busy person, so I tend to have a lot of activities, even in the summer.
It's my time to step away from curling and relax. — Amber Holland



Curler Amber Holland enjoys outdoors in her patio in Regina's Netherdown neighbourhood. She'll also be hitting the golf course with her dad and reconnecting with her neighbours. QC PHOTO BY BOB VETTER

Amber Holland

For a person who's dedicated her life to a winter sport, summer is very important for Regina's Amber Holland. The Saskatchewan Curling Association president and skip of the 2011 national women's curling championship team winds by golfing and partaking in an occasional beverage. She's more likely to find her in her backyard or visiting with neighbours in Regina's Netherdown West area than on a bench.

Q What is most important to you about summer time?

A For me, summers are about down time. I am a very busy person, so I tend to have a lot of activities, even in the summer. It's my time to step away from curling and relax.

Q What keeps you busy?

A Golf. I don't pretend to be good, but I still like trying to beat my dad (Scott Holland of Carlyle).

Q Are you a serious golfer or do you enjoy a beer before strokes?

A I'm both. I'm still competitive and I like to keep score because that's important. But you can still do that with a beer in your hand.

Q What else do you do?

A I love my patio. I'd never say that I'm a gardener, but I like to just sit around with my flowers and sit on my patio and read a book and maybe have a beverage or two. Summer is a time to reconnect with my neighbours. I have great neighbours. And I don't get to see them in the winter.

Q What is your beverage of choice?

A I like beer in the summer. And I like an occasional night. But anyone in curling knows that I am a rum and Coke girl. I keep telling that to the media so, hopes people will buy me drinks. But it doesn't always work.

Q What sort of drinking do you have planned this summer?

A We have a summer curling camp in Nigeria. We're up there for eight days, so even though I'm working, it's still great because it's a camp for

kids and it's about putting the fun back into curling for me. I have a sister who lives in Idaho, so I like to go down there. I also have a sister who lives in Ottawa, so I try to get out there, too.

Q Do you do anything to keep in shape for the curling season?

A I am in the gym three to four times a week. But in a way, that for me is down time too. It's good to just stay fit and stay healthy. I am not getting any younger.

Continued on Page 8

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Certainly (summer is) a very intense time of year when you're playing football. ... You really miss a lot of the summer, the best part of the year weather-wise in Saskatchewan. — Gene Makowsky

Gene Makowsky

During his 17 seasons with the CFL's Saskatchewan Roughriders, Gene Makowsky's summers were all work. When he announced his retirement from football in February 2013, those months after his election as MIA for Region 10 changed his life changed drastically. Now the true head (to wife Thana) and father (to three boys — Nicholas 11, Ryan, 9, and Blake, 6) is available for more down time during the summer months.

Q How do you like to spend summers?
A Generally the winters here in Saskatchewan are tough, so you want to be outdoors. We like to spend a lot of time in our yard, in our neighbour hood (Woodbine Park), and on weekends we go with the kids to Winona Park or to lakes in the area — Echo, Poupas, Buffalo Pound, that kind of thing. I like to golf, so I try to get out getting where I can.

We're just a day trip (usually) playing football for so many years, we didn't really have a summer. We don't have a tent, we might have a few sleeping bags. That's it. We've just been day-trippers out to the great beaches we have here in Saskatchewan.

Q How much different are your summers now?

A Certainly (summer is) a very intense time of year when you're playing football. You're always in meetings, you're always at practice, there's very few days off and so you really miss a lot of the summer, the best part of the year weather-wise in Saskatchewan. It's taken a while to get used to just playing. I'm not sure all the time I think there's the biggest thing.

Q With more time, are you planning any family trips?

A I don't kind of a football family now not only do we watch, but my boys are now playing. I coach my two oldest sons in flag football (until late June) and first week in August we are back on the football field with tackle football in the fall.



Gene Makowsky goes search for his cup (football) around the University of Regina. The former Roughrider now coaches his sons in football. GC Photo by Kenneth White.

so not a huge window to do a whole lot of trips)

Q Do you still go to rodeo games?

A Oh, absolutely. We've got four

season tickets and our family goes we enjoy it — my wife and two old out. It's going to get interesting here with my little guy. He's not that interested yet in riding, but I'm sure

he will be in the next few years. We'll have to somehow find a fifth best) in our area.

Q What's your favourite food in the

in the summer?

A Everybody loves a steak on the barbecue. I think in the summer time it's one of my favorites, for sure.

THE TOP 10

FUN AND CHEAP KID-FRIENDLY ACTIVITIES:

■ Spread out a blanket in one of the city's parks and enjoy a picnic.



■ Go to I Love Regina Day on July 6 at City Square Plaza for a free BBQ, entertainment, the Regina Farmers' Market and a downtown chalk festival.

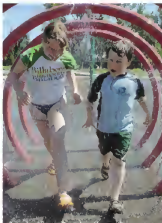


■ Visit the library. The Regina Public Library's new branches offer a variety of free drop-in programs. Visit www.reginapubliclibrary.ca/events for info.

■ Move your body at a skateboard park, not just for skateboarders. Inline skating and BMX riding is also welcome.



■ Sample local food at the Regina Farmers' Market. Every Wednesday and Saturday north of Victoria Park. Busting musicians always make it fun for kids.



Or you can:

■ Go for an stroll. The summer isn't complete without a trip to the Mile Way Dessert Garden or ... the hot pots on Paces yogurt joints are also popping up everywhere.

■ Let loose at RegiScopes held in community centres and schools throughout the city for kids in kindergarten to Grade 7. Visit www.regina.ca or call 586-7777702.

■ Get creative at the Iron Gollage Corner drop-in program at the Neil Bakewell Civic Arts Centre.

■ Hit up City Square Plaza for free programming like Explosion Days in the Park for kids aged three to 12 or Theatre in the Park for ages 13 to 18. Register at www.reginadowntown.ca.

■ Cool off at an outdoor pool or spray park.

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FASHION

SASKATCHEWAN FASHION

Charity Smith: Good friends always in style

By Andrew Matte

Kimberly Gall knew something wasn't quite right.

Her friend Charity Smith was a new mother whose focus turned caring for others. This meant she didn't always have time for fashion trends.

Smith, who regularly wore sweat pants and bathrobe—down to her knees—was in a funk.

So Gall, who for years dispensed fashion advice to family and enjoyed exciting clothes from thrift store deals, knew just how to help her friend.

Gall lent Smith a pair of shoes and started buying her an occasional second-hand dress. The friendly gestures were met with enthusiasm.

Smith, who concedes she'd always "thought like a man when it comes to fashion," happily accepted the gifts and advice.

Smith, 30, a Regina mother of two aged six and three, said that at the time she wasn't thinking about her appearance.

"I think I even started to look homeless after a while. I'd wear sweatpants, bad-looking running shoes and I wore my hair in a ponytail. But then I let my hair down and I started to take better care of myself."

Gall was pleased her friend's cheery attitude had returned.

"She seemed kind of sad but I knew she had this sparkling personality underneath. I hoped that she might feel better about her

self if she liked what she saw in the mirror." Smith and Gall began experimenting with colours and appearance and making trips to second-hand clothing shops. Their favourite is the Loft House at 23rd Densley Ave. in Regina.

Gall discovered Smith looked best in dresses with bright splashes of colour. Smith agreed.

"I found that dresses were cool because then I didn't need to choose pants. Plus, a dress is pretty darn comfortable and easy to wear when you're running around after kids. Most of Smith's wardrobe is made up of thrift-shop items, to which Gall applies her tailoring skills.

"Like, altering clothes or turning something into something else. It's so cool. It's like, 'Oh, that looks good and we're having fun with it, that's the end goal,'" she said, adding Smith's dresses typically sell for \$20 to \$30.

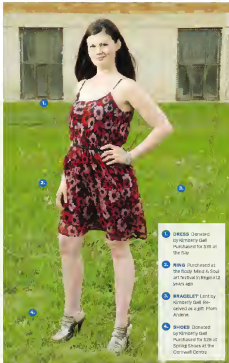
Smith took to Twitter and Facebook to share pictures of herself, often telephone images of her reflection in a store window as she posed a smiler on a sidewalk.

"I just started to expose I was making fun of myself. It was like, 'Hey everybody, Charity's wearing a dress! It started as a joke but then I just took a picture whenever I had a new dress.'"

Gall is proud of how far Smith has come

since agreeing to take her advice.

"She's a fun human being. We're having lots of fun with it. For somebody with two kids, I think she looks dynamite."



1. **DRESS** Donated by Kimberly Gall. Purchased for \$18 at the Day.
2. **RING** Purchased at the Rocky Mind & Soul art festival in Regina in 2012 for \$10.
3. **BRACELET** Lent by Kimberly Gall. Received as a gift from Arlene.
4. **SHOES** Donated by Kimberly Gall. Purchased for \$20 at Spring Shoes at the Cornwall Centre.

Charity Smith's wardrobe consists of fun and affordable pieces. QC PHOTOS BY MICHAEL BELL.

IN THE CITY

WEDNESDAY, JUNE 26, 2013 — 1:53 P.M.

Police ready to pedal



Regina Police Service officers pose in front of the Galt Street station after completing a bicycle safety course and other shifts in nearby parks. GC PHOTO BY TROY HILSON

YOUR FAVOURITE PLACE

What's your favourite place in Regina? Email qc@leaderpost.com

MY FAVOURITE PLACE

Malm's the word at Lakewood Park

By Andrew Matto

About once a week when the weather holds, the Malm family heads to Lakewood Park in Regina's northwest. Bryce and Andrea enjoy taking their sons Gage, 15, Tristan, 18 and Cole, 8, for a walk around the small lake and to find the ducks. The green space, barbecue stands and playground are a hit with the brothers. And because it's a short drive away and is never as busy as bigger parks elsewhere in the city, Lakewood Park on Wellwood Drive is their favourite place in the city.

Q How did you discover Lakewood Park?

A We were just out for a drive and we just discovered it. The kids loved it right away.

Q What are your favourite things about the park?

A It has a waterfall, so the kids really like that. There are play structures, some sand, a tennis court and a walking path.

Q What else do you do?

A When we go we usually feed the ducks.

Q Are you a tourist to find the ducks?

A There are no signs that say "you aren't supposed to."

Q How often are you there?

A We're probably there once a week, sometimes we're there on a weeknight or sometimes we'll head over on the weekend. We usually start by feeding the ducks and then go for a walk around the lake and go to the waterfall. Then we'll head over to the play structure.

Q Do you ever pick snacks?

A We sometimes have a picnic. Sometimes we just pick up food on some where or just pick sandwiches, potato salad or chicken or something.

Q Is it a hangout?



Bryce Malm and his family with Andrea (left), sons Gage (from left), Cole and Tristan enjoy the atmosphere at Lakewood Park in Northwest Regina. *QC PHOTO BY JACQUELINE*

around the lake. But there are houses that back onto the lake on one side.

Q What do you think about the small covered space?

A It's a great place to sit and you can have a picnic there. There's a bench that's there, too. I'm not sure if there was a picnic table in there before or maybe a fire pit.

Q What sort of changes would you like to see at the park?

A I think they have it all. They have one of those barbecue places so that you can have a barbecue at the top of the hill. There's not much else you need.

Q Is your appreciation for the park based on your place in Reg?

your own active?

A They do the video game thing and watch TV but they also like the net doors. There's a small park at the end of our bag so they're always outside. It's not so much a park but an open area as they're often playing soccer. But we try to keep them as active as possible.

MUSIC

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KAY THE AQUANAUT

Sask. rapper believes in faith, love and humanity



Kay the Aquanaut is known in the underground hip-hop scene for his social consciousness and "folk" writing style. He explores politics, social issues and human rights in his songs. QC PHOTO BY MICHELLE TREMPER

By Angelina Irwin

Local underground hip-hop MC Kay the Aquanaut's music goes beyond just beats and rhymes: he identifies as an artist and views his music as an art form.

In fact, when asked if he could collaborate with anyone — dead or alive — he didn't choose a musician, but the late environmentalist poet Jean-Michel Bouquart. He says whether someone chooses to use paint on a brush or fingers as a key,

it's still giving off the same message, and perhaps music gives more of an "instant" visual.

"I think people's imaginations can paint some pretty beautiful imagery from songs and music," says the 31-year-old rapper.

Kay wrote his first rap song when he was "very young" and decided to make a go of music full time around 14 years ago. In that time, he's released nine albums, toured much of the globe and has made a name for himself in the underground hip-hop scene. He's known for his social con-

scious and what he calls "folk" writing style, that delivers deep tales of love, social issues and human rights.

"I'm so optimistic person. I have faith and love and humanity and I don't want to be negative something that when I'm older, I'm going to look back on and regret," says Kay. "I'd be happy if someone is listening to my music 100 years from now and can still relate."

"Not about the money/not about the power/fake respect of social media there's" is one line of a song from Kay's newest project — an album re-

leased in February by him and local producer Foster Letters from Lethbridge about a year to come and will be released in Banff in August. Kay came up with the idea based on the controversial story of Laska, a dog who was the first animal to go to space when the Soviets launched her in 1957.

"I took a take on if that dog was able to write and listen to hip-hop beats what kind of album it would make," he says.

He credits creating art to his will being and compares it to those who

need to "go to the gym or meet their lawn" in their spare time to relax.

"It's as much for my sanity as it is for me wanting people to check out the music," he says. The one thing he does want for his listeners is for them to feel inspired after hearing his music — whether it's good or bad feelings.

"I think the most self-defeating thing about art is when you play for someone and they hear it and there's no response. Whether it's positive or negative, as long as it's evoking some kind of reaction and emotion from them, then I'm happy."



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"We're bringing the city to Watrous," said Blair Molbrey, general manager of the town's newly expanded Co-op store. The bright, sunny new facility, with its additional 6,600 square feet of space, can now offer shoppers many of the items and conveniences that they once had to travel to larger centres to obtain.

"People are loving the place and the general openness. It's a place to get away and enjoy shopping. Now, there's a lot more open spaces where you can take your time and shop when you want," said Molbrey. "Before, it was so tight and, when it got busy, it was a headache to get around there and shop. You used to walk into our store and you had one way to go and you got in line."

Even that wait in line is now considerably shorter, especially during busy times, due to the two new checkout lanes that have been added. The waiting space was completely revamped and modernized when the new space was added, creating a seamless transition between old and new parts of the store. "It's hard to tell where the old store was. They made it look pretty much all like a new store," said Molbrey.

The focus of the renovation was on the departments that offer fresh goods. New and expanded produce, dairy, meat and bakery departments allow more room for the store to offer conveniences that shoppers have been requesting. "For example," said Molbrey, "we have lots of Greek pork chops, so when you come here for you and you just throw them on the barbecue, and away you go. The meat department has an

extra 10 freezer doors for more ready-to-go containers. With beach traffic, a lot of people are in just to grab something and go." The space allowed for fresh meat products has been doubled to present customers with a wider selection of Co-op's famous, quality meats.

Shoppers can also now enjoy a greater selection of their favourite exotic fruits and vegetables, due to a doubling in size of the produce department. "We've added quite a few new produce items to our line-up and there's more international produce like dragon fruits, Kamotee potatoes and bok choy. We have a lot more room for cold items and there's more value-added items that we pre-cut," said the general manager.

The in-store bakery department was not forgotten in the renovation process. There is now more shelf space for fresh bread, cinnamon buns, cookies and pastries, and an additional display for tortillas and wraps.

The new layout of the store is an attractive addition to the Watrous landscape. It presents a modern, welcoming look, with soft blue and brown dawning that reflects the Federated Co-op members' store's new look.

The plan for the new development was created by the local store's management in conjunction with Federated Co-op's Retail Facilities Department at its head office in Saskatoon. The company first considered a buy-kill, but decided that the community was able to support a

larger store.

The \$3.5 million renovation demonstrates the Co-op's commitment to the community of Watrous and its belief that the town will continue to thrive. "There's a lot of new housing development and lots of new families moving into the area," said

Molbrey. He noted that many of the workers at two newly opened mines are choosing to live in Watrous rather than commute from Saskatoon.

"[The new Co-op store] is another reason for people to stop in Watrous," he added. "I think it helps the whole community."



(Photo courtesy of Watrous Co-op)

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Watrous/Manitou Beach

Welcome to Watrous!

The town of Watrous is a progressive community that is ideally located near the centre of other populated areas of Saskatchewan. It is at the centre of the Casselton gridlock, 110 km southeast of Saskatoon and 175 km northwest of Regina.

Watrous is the leading writers of Lake Manitoba, CBR Radio and Camp Easter Sea Ltd. it is also recognized as a centre for agricultural development and automotive dealerships.

With the leading writers of the Manitou Springs Mineral Spa nearby, Watrous is an ideal place for vacationing or retirement.

This thriving economic centre, which is based on agriculture, tourism, mining and industry, maintains an industrial and downtown business district. It is supported by an active marketing group that promotes the area as a place to live, work, play and do business. The group is backed by a very progressive town council.

The town of Watrous has a population of just over 1,800 people and is an administrative centre for a number of various government departments. Three potash mines located near Watrous are also major employers of residents.

The town came into being in 1906, when the Grand Trunk Pacific Railway was established as a divisional point at the town site. The community was named after Frank Watrous Morse. Watrous was incorporated as a village in 1908 and as a town in 1909. People soon realized the recreational properties of Manitou Lake, which is rich in minerals and provides natural buoyancy. Today, thousands of people visit Watrous and Manitou Beach to enjoy the mysterious waters of Little Manitou Lake.

Watrous/Manitou 2013 Calendar of Events

July 6 to 7 — Spirit of Manitou Studio Trail

July 27 — Fun Run Show 'n' Shine, Main Street, Watrous

July 27 to 28 — Provincial Horsehoke Tournament

Aug 16 to 18 — MS Rona Bike Tour

Oct. 27 — Ford Supper, Watrous Civic Centre

Nov. 15 to 16 — Provincial 3A Volleyball Tournament — Watrous High School

Nov. 16 — Watrous Knitwear Tradeshow, Watrous Civic Centre

Nov. 22 to 23, 29 to 30 — Watrous Dinner Theatre — Watrous Civic Centre

Dec. 5 to 14 — Local Artist Show and Sale, Gallery on 3rd



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Watrous / Manitow Beach

Watrous's economy and population expected to grow

By Miranda Buschi
LP Specialty Products

Watrous has always been a popular tourist destination, being so close to Manitow Beach. The town has had the perfect place for visitors to break a hotel room or campsite.

"Initially, Watrous has been experiencing a growth of a different sort, new citizens."

"It's been seeing growth in all areas of our community right now," said Brendan Manz, community development officer with the Watrous Manitow Marketing Group. "And with the popularity of the area, we're seeing a lot of people move here, not just [from] Saskatoon, but from all over the western and western Canada coming to all Watrous here."

The town currently has a population that sits at just under 2,000 people, and that number is expected to grow over the next five years. Manz and the city's workforce development is now complete, and the 40 plus lots on the east side will be ready for purchase sometime this summer.

This growth comes from a number of areas, all of which are growing partially because of the town's location between Saskatoon and Regina. "We're not at a hub of activity, and it's not just based on one economic factor. The main four are potash, agriculture, small business and tourism — and right now we're seeing growth in all these areas," said Manz.

It's hard to say whether the businesses in Watrous owe their growth to the successful sectors of the area, or whether the sectors are successful because Watrous's businesses are so diverse and close at hand. For example, the town is home to dealerships that cover a wide selection of the sectors' needs. These dealerships include Watrous New Holland, a John Deere dealership and Manitow Motors, the largest rural GM dealership in Saskatchewan.

A recent expansion to the Co-op Food Store was completed this past spring, and is used to serve the community. "The Co-op has been a strong partner in our community



Photo by E. Roberts

for so long," said Manz. "They have, in the last few years, opened up a new gas station in the same parking lot as the grocery store, and now the grocery store has expanded by quite a bit."

The agriculture sector, while not seeing as much growth itself, is also a large factor in the area's success.

"This last year, over the last five years," explained Manz. "We haven't seen the dramatic flooding that has been taking place in other communities in the province — There was definitely water, but not like in other areas." This, combined with recent crop prices, has meant that the farmers in and around Watrous are doing fairly well, in turn contributing to the town's economic growth.

The area's potash sector, meanwhile, has

seen significant growth, making it a huge contributor to the area's economic success. Watrous is located only 50 km away from three major potash mines — the PotashCorp mines in Atlas and Lanigan, and Mosine Potash's mine in Colomney — and is located 65 km away from BHP Billiton's new Jeanes project. This means growth not only for Watrous, but also for the entire region. This comes both from the people moving to work at the mines and people moving to temporarily work on their development.

"Being one of the largest construction in the area, we've seen a lot of construction workers in our community — Any time you get bigger guys, more people, that definitely helps the economy," said Manz.

Perhaps Watrous's biggest economic driver, however, is its tourism sector. Manz explained that the town's tourism sector has always been successful because of its proximity to Manitow Beach.

Watrous is hoping to push this success even further through developments at Manitow Beach and, with Tourism Saskatchewan, through a new community tourism plan that looks at marketing and how the town can continue to grow its tourism sector.

"Generation after generation of people have been coming here, fishing in the waters — so we're looking at the next phase of that now," said Manz.

With each of its four main economic pillars expected to continue to be successful, Watrous is expecting its population and economy only to grow. And this expectation doesn't seem to be off yet.

More information about Watrous and Manitow Beach, make sure to visit www.watrousmarketing.com.

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This is no ordinary small town feast in the open, drop-in diner. For John, it's all about quality and adding a personal touch to every order. That's why the Kaprielians have made the stellar ten chef's table — seven floors — and the gourmet parties are prepared to your specifications.

"People have noticed that the meals we offer are different," said John Kaprielian, owner of John's Plate. "They notice the efforts that we put into our menu. For example, we have different choices options because we know people are eating healthier. We know the town is enjoying the food because we always hear good things about what we're doing and they tell other people, too."

The most popular lunch item has to be the steak sandwich. All of John's steaks are Canadian AAA and aged over 30 days in strict tenderness. As well as our daily lunchtime menu, we offer a breakfast buffet menu which changes with the seasons. For supper, again, the steak is a favourite. However, the pasta dishes are popular too close to the restaurant that is located in the heart of the community. If you're a pizza lover, try one of our Deconstructed Pizzas. Lots of toppings, great taste that will be sure to satisfy your appetite. Give lots of love for dessert though, John says the brownie plate is very big and very tasty.

Watrous / Manitou Beach

Danceland celebrates more than 80 years of music and dancing

Danceland at Manitou Beach has been an integral part of the community for many decades. It helps fill rooms at the local hotels, it helps fill seats in the local restaurants and it helps bring in tourists who would not normally visit the area.

Built in 1930, the historic 13,000-square-foot dance hall has been designated as one of the seven main-made wonders of Saskatchewan by the University of Saskatchewan. Known for its distinctive architecture and superb dance floor, Danceland is a treasure that, thankfully, is remaining in Saskatchewan.

The dance hall is famous for its original maple dance floor suspended on a cushion of horse-dung hair. The ingenious design relies on two floors — a sub floor and a hardwood floor. No nails were used to construct the floor.

"People enjoy the floor — it gives, and is easy on the legs. It's claimed that if you go out of step, the floor will bounce you right back," said Arnold Struzyk, who, with his wife Mollie, owns Danceland.

Danceland is now celebrating more than 80 years of dancing on that exact same floor, along with the various music styles that have filled the great hall throughout the years. Initially thought to have been built in 1928, Sue Ablock, researcher for Commemorative in Bloom for the Watrous / Manitou area, discovered old newspaper clippings that noted that the opening of this postwar dancehall was, in fact, in 1930.

The dance hall is located four blocks east of the resort area, and many visitors take in both attractions. It sits on the shores of Little Manitou Lake and is an imposing

structure that can't be missed.

The dance hall is available for weddings, family reunions and organizations that would like to rent it for a banquet and/or dance. It is equipped with a full kitchen for buffets and is available for conventions. A regular evening of dancing costs a

mere \$15, with the buffet running an extra \$15. Special dinners are available for \$17 and up, plus optional buffet.

For a complete schedule at Manitou Beach, for more information, call 1-800-267-5637, visit the website at www.danceland.ca or email danceland@dncland.ca.

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July 12	• Last Garden • waltz • waltz	Aug 18	• The Harp • waltz
July 15	• Last Garden • waltz	Aug 21, 22	• Hot Tunes • 10p, 11pm • waltz
July 18	• Hot Tunes • 10p, 11pm • waltz	Aug 24	• Hot Tunes • 10p, 11pm • waltz
July 20	• Hot Tunes • 10p, 11pm • waltz	Aug 27	• Hot Tunes • 10p, 11pm • waltz
July 25	• Hot Tunes • 10p, 11pm • waltz	Aug 30	• Hot Tunes • 10p, 11pm • waltz
July 28	• Hot Tunes • 10p, 11pm • waltz	Sept 1	• Hot Tunes • 10p, 11pm • waltz
July 31	• Hot Tunes • 10p, 11pm • waltz	Sept 2	• Hot Tunes • 10p, 11pm • waltz
Aug 3	• Hot Tunes • 10p, 11pm • waltz	Sept 3	• Hot Tunes • 10p, 11pm • waltz
Aug 6, 8, 9	• THE HOT TUNES • 10p, 11pm • waltz	Sept 4	• Hot Tunes • 10p, 11pm • waltz
Aug 11	• Hot Tunes • 10p, 11pm • waltz	Sept 5	• Hot Tunes • 10p, 11pm • waltz
Aug 16	• Hot Tunes • 10p, 11pm • waltz	Sept 6	• Hot Tunes • 10p, 11pm • waltz
Aug 17	• Hot Tunes • 10p, 11pm • waltz	Sept 7	• Hot Tunes • 10p, 11pm • waltz
Aug 22, 24	• THE HOT TUNES • 10p, 11pm • waltz	Sept 8	• Hot Tunes • 10p, 11pm • waltz
Aug 30	• Hot Tunes • 10p, 11pm • waltz	Sept 9	• Hot Tunes • 10p, 11pm • waltz

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Manitou Beach's Danceland is famous for its original maple dance floor suspended on a cushion of horse-dung hair. It is said that, if you go out of step, the floor will bounce you right back.

Photo by Gerry Berger

Watrous/Manitou Beach

Spend some time this summer at Manitou and District Regional Park

Manitou Beach and Watrous have long been vacation destinations for thousands of visitors each summer. With the lure of the saltwater lake and the natural beauty of the area, along with numerous tourist attractions for all ages, it continues to attract a loyal following of vacationers.

One of the places where every traveller like to pick their hotels or park their RVs is the Manitou and District Regional Park. The park contains 229 campsites, which carry from full-service, 30 amp, water and sewer sites, to ones with no power. There are also seasonal sites.

The season officially opened on May 1, and will continue to remain open until Thanksgiving weekend in October. According to park staff, over the course of the season they will host travellers from all over Canada, the United States and even Europe.

Visitors say that it is one of the most campgrounds in the country, and that the staff goes out of its way to make everyone feel welcome.

The main attraction for visitors to the area is the unique saltwater lake at Manitou Beach, which is filled with minerals that are said to have natural healing properties. There is also a bath, nine-hole, grass golf course across the road from the campground, and a lovely system of walking trails.

The campground is only an kilometre north of Watrous, and several other popular tourist sites are located nearby, including the Manitou Springs Resort and Mineral Spa, which contains a saltwater pool and a host of spa treatments.

Many people visit the area to go to Danceland, a 1930s dance hall complete with a cabaret of house-top hair and the floor. Danceland provides a popular service for campers: a shuttle from the campground to the hall, and back again.

A bird sanctuary is also in the near vicinity.

The campground is a popular site for family reunions, due to its central location. Families from all across Canada find a convenient to meet at the park, and two or three reunions take place there each weekend.

Two camp kitchens are available for groups to reserve. The camp kitchens are free to reserve for those who are camping in the park, or \$130 for those who are not. Reservations are recommended well in advance to avoid disappointment, and can be made online. Visit the park's website at www.manitoucampground.com for rates and booking information.



Photos by Gary Rogers

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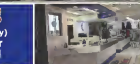
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Like any good Facebook troll, he said it with a smile.



Watrous/Manitou Beach

The waters of Little Manitou Lake — a valuable natural resource

L.P. Specialty Products Staff

The waters of Little Manitou Lake are one of Saskatchewan's most precious natural resources. With the highest mineral content of any natural water source in North America, they are reported to have therapeutic properties that include reducing the effects of rheumatoid arthritis, osteoarthritis, stress, psoriasis, chronic pain, issues related to inflammation, and circulation problems. Unlike the province's other valuable natural resources, such as

oil and potash, which provide economic benefits when they are exported, the mineral waters are best enjoyed right here in Saskatchewan.

With a higher salt content than the world's oceans or the Mediterranean Sea, waters like this can be found in just two other places in the world — the Dead Sea in Israel and Karlovy Vary in the Czech Republic. Due to the saturation of salt and other minerals in the water, it is so golden brown colour and people do not sink in it,



Photo by Gary Rogers

they float naturally. "Our mineral content is 100 per cent natural and organic. We don't add anything, like some other spas do, and that's why we feel we have the ultimate spa that will continue to be the leader in the industry," said Dwight Hayter, CEO of Manitou Springs Resort and Mineral Spa.

The waters flow from an underground spring into Little Manitou Lake. The community of Manitou Beach, ideally located between Regina and Saskatoon (100 km southwest of Saskatoon and 175 km northwest of Regina), rests on the shores of that same lake. Overlooking the lake is the Manitou Springs Resort and Mineral Spa. This world-class complex includes 102 hotel rooms, convention facilities and a European-style mineral spa that is fed by the waters of the lake.

The combination of a peaceful, unadorned atmosphere and a first-class spa that offers services such as Swedish massage, reflexology and body wraps, creates a setting for the ultimate vacation — one that is relaxing and rejuvenating.

Therapeutic travel has been a part of Manitou's history since the early 1900s when the First Nations peoples discovered the healing properties of the lake. Recently though, the waters have become known internationally and people from across the globe travel to Manitou for therapeutic vacations. "Spas and wellness facilities become an important part of [people's] lives and their vacation plans," said Hayter.

Manitou Springs Resort and Mineral Spa is a great venue for large get-togethers, such as weddings, family reunions and conventions. Soon, the resort will

have even more to offer large groups, as renovations taking place on Manitou Springs Terrace are expected to be complete by August. With a capacity for up to 300 people, the 7,000-square-foot patio, made entirely of rock and stone, will have a retractable roof and include a 30-foot stone bar area and a small dance floor and stage. LED lighting will accent the surrounding trees and shrubs, and the entire area will be visible through the windows of the spa.

The resort has developed special packages to satisfy the needs and wishes of individuals, couples, families and large groups that want to enjoy all of the services available. Combos include hotel accommodations, use of the mineral pools, therapeutic services, fitness activities, and dining that is geared towards health and wellness.

Therapeutic and esthetic services at the resort are provided by Serenity Massage and Esthetics. The area of the spa where those services are provided recently underwent a major expansion and renovation, including the construction of an open-air soaking room. An expanded list of spa treatments is now available, and it is now possible for groups of up to eight to receive pedicures and manicures together. New message tables, massage tables, warming and massaging pedicure chairs with foot baths, and towel warmers are now available to enhance guests' experience at the spa.

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Watrous/Manitou Beach

Ready, set, go to the 22nd Annual Watrous-Manitou Fun Run Auto Show and Shine

If you're looking for a holiday with a difference, consider spending some time in Watrous, a quaint town just an hour and a half's drive from Regina. In addition to enjoying the healing waters of Manitou Beach, you can take in a host of activities that are planned throughout the summer.

One of the featured attractions in Watrous this summer is the 22nd Annual Fun Run Auto Show and Shine, planned for July 27. Main Street Watrous is the site of this popular car show, which features antique and specialty vehicles, antique tractors, muscle cars, motorcycles, trikes, and restorations.

Initial interest in the Fun Run Auto Show and Shine began in the late 1950s, when the idea for the show was presented as an option for bringing more tourists to the community. The Watrous and District Chamber of Commerce approached the Saskatchewan Car Club to determine if the club would be interested in organizing and holding the car show. The club agreed, and the two organizations came together to debut the first Watrous Fun Run Show and Shine

in 1962.

This past preparation worked well until 1986, when the Saskatchewan Car Club decided that would be its last year hosting a show in Watrous. The club hosted its own show in 1997, and the Watrous and District Chamber of Commerce took over running the local event.

Since then, the Fun Run Auto Show and Shine, supported by local businesses, organizations and other supporting sponsors, has become a favourite with locals and tourists alike. The auto show is the longest-running annual event in the town of Watrous.

Car show participants can register for the Fun Run Auto Show and Shine up to and including the day of the event. The first 100 entries received by July 22 will be entered in the pre-organization draw, which includes a first prize of \$300 cash. Those made July 22, winners must be in attendance at the Awards Banquet and a hospitality VIP prior package valued at \$300 (two night's accommodation, free event passes and breakfast at Manitou Springs Resort, and gift certificates from Tim's Pizza, Manitou Golf Course, Manitou Main Golf and the Jubilee Drive-in). The draw date for the second package July 22.

Registration fee is \$15 per vehicle (includes Show and Shine, cash prizes, souvenir, entry for awards and prizes). A cash award has been added for the best car club participation. Last year's winners were the Saskatchewan Motor Club and the Prince Albert Kluge-Krusem.

Post participants can pre-register for \$10. The day begins with a pancake breakfast at 8 a.m. at the Seniors Drop-in Centre on Main Street. Show and Shine registration begins at 9 a.m. with food concessions beginning at 11 a.m. The live family entertainment begins at 3 p.m. with Roger the Clown. At 3:30 p.m., there will be a cruise down to Manitou Beach.

and back. For the car show participants, an awards banquet will be held at 5 p.m. at the Civic Centre.

Throughout the day the Watrous Arts Council will be hosting "Art in the Park," a gathering of local talent.

Other great attractions throughout the day include Racing Against Drugs program vehicles. Developed by Prairie Road Motorsports, this program visits schools across the western provinces to deliver a message about the importance of remaining drug-free. They teach how to say "No," and the importance of looking at the family unit as a team. Kevin Thomas and his team from Prairie Road Motorsports will be an introduction with PrairieGold, the world's first and fastest based pit car. Make sure to get up close and personal, you might even hear it fired up. Don't forget your camera!

Admission for spectators is free, and there will be lots of free family activities, including Roger the Clown, raffles, face-painting, kids' games, balloon balloons and family entertainer Tim Hatcher, also known as "Violence Factory Staff."

For more information, please contact Jason Lindgren at Watrous Manitou Motors at 306-946-3336, or visit the show's website at www.watrousmotors.com.

**22nd Annual
WATROUS FUN RUN**



Auto Show and Shine

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Watrous / Manitou Beach

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L-P Specialty Products Staff

A trip to the Watrous and Manitou Beach area can be made even more memorable with an evening spent at the Jubilee Drive-in in Manitou Beach. The Jubilee provides a rare opportunity, since it is one of very few drive-in theatres left in the country and one of just four remaining in Saskatchewan.

A lesser element of reminiscences of summertime past, drive-ins have helped to create many happy memories. The movie was always just one part of the experience though, as teenagers danced their coolest clothes for their first date, children squeezed

into their pajamas and parents nipped up beer in their easy back seats so the children would be comfortable when they eventually dozed off before the cred is rolled.

While this scene is still played out, some things have changed. The crackly speakers that hung from the driver's side window are no longer necessary, as sound is now routed through a FM radio signal.

Drive-in theatres on the prairies offer an added bonus — the enjoyment of different types of shows. One, when the prairie skies come to life with colour as the sun descends into the horizon behind the gigantic

screen, and another when the show begins to play after the stars have darkened. On special evenings, the northern lights provide a show of their own as they sweep across the sky.

For some, nothing beats watching a movie from the comfort and privacy of their vehicles, but, for those who prefer to view movies from under seating, the Jubilee also offers a 24-seat indoor theatre.

The location also provides daytime fun for shoppers looking to find a unique treasure

at a bargain price — a flea market is held on the grounds on Sundays from 8 a.m. to 3 p.m.

The Jubilee Drive-in is located on Highway 360 at Manitou Beach and is open weekends from May through October and every night during the months of July and August.

For more information and show times, phone 306-946-2679 or visit their website, mydrive-in.com. For other inquiries, phone 306-946-2623.



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INVENTORY

We want to hear from you: Tell us about your local business.
Email qc@leaderpost.com

TATANKA BOUTIQUE

As an artist, Jody Red Eagle-Kopuntowicz wanted a way to unite and support the art community. Through her store, Tatanka Boutique, she's able to do that, as well as bring in previously unseen native market.

The family business, which opened in April, is devoted to First Nations and Métis artwork, clothing and jewelry. About 90 per cent of the artists whose work appears in the store are from Saskatchewan, most of them live in Regina.

Tatanka is open daily at 2366 Albert St.

1. PORTRAIT OF A LEADER: Sitting Bull's Spirit. Acrylic on Plexiglas canvas by Torie Kankawana (\$195)

2. STAR BLANKETS: Quilts at store by five designers. Start at \$80, shown \$250

3. WESTERN INFLUENCE: Beaded belt buckle \$100, belt to \$100. Both by Melissa Warrin

4. DRESS OR DECOR: Framed beaded medallions by Sheryl Lenechuk. Blue-velvet. Custom orders available. \$320

5. SUKKE SAPHCEL: Beaded brown leather purse by Winde McNeil. \$450

6. SPECIAL OCCASION: Ho and horns by Sheryl Lenechuk. Tie \$100, blouse/skirtings \$75

QC PHOTOS BY DON HEALY



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NEXT WEEK: Are there any aspects of parenting you'd rather leave to your partner to handle?
Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

What's the funniest thing your child has said or done lately?

"Last night my two-year-old told me she loved brown and asked if I loved them too. I told her they make me feel like a KID but she jumped into the lane of The WBs on the 60s and changed the words to: 'Loving on the 60s makes me feel like a little bit' and sang it all the way to the grocery store. I almost cried laughing!" —Shelley Meyer

"My six-year-old told me he and his friends were going to get in a car conspiracy!" —Garnett Host

"My three-year-old has asked what she will be when she grows up. She looked at the services and said 'I'll be sat'!" —Saskatoon Mom

"My four-year-old sometimes knows the other night, and he'll say (sounding serious) not to get mad when I take her toys away from her." —Krista Decker

"My four-year-old announced after a week of (and her daycare) that I was the one to look up to her? And NO, you don't need to call the daycare about that! Absolute genius!" —Shelley Davis-Henrich

"My six-year-old said every four and two one and I said playhouse. And he said I'll be the mom and I (love you old) you can be the mother! Between you and four-year-old (our year old) What's the name of the mother you are up? (Your year old) I mean be five." —Nicole Starnes

"Some nights not find that funny but (had a laugh) My daughter would on the couch with a blanket I love you when I saw it. I asked if she loved the couch most time I saw it." —Kara Simons

"We were at Squamish the other day putting our groceries on the conveyor belt today when I could see something bad and said 'something's wrong' quietly when my three-year-old and my mother loudly 'WHAT? WHAT?' and started laughing. Everyone in our line in either lost breath or the

cashier could hear and we all had a good laugh!" —Shelly Lantieri

"My daughter who is four was at daycare and they were talking about superheroes. She told everyone 'My daddy is a superhero! He saves people from evil!' My husband is an elevator technician, so we're not too far from that. She also said that people of the world are stuck in it with a cure. She was so proud!" —Janelle Hendrix

"My daughter was having a bath and had her head up in soap. I told her to be down and she said to which she replied 'let me show you how it's done!' She laid down on her tummy and pushed her head in the water and said 'well wasn't that a five?' She looked at me and asked 'what is a five?' I didn't have an answer!" —Celia Gaudin

"My kid sees the other day. After his science he walked up to me and said 'I'm not a kid, I'm a man' and said 'I'm not a kid, I'm a man' and said 'I'm not a kid, I'm a man'." —Keith Andrus via Twitter

"My son pointed at my wife's B&W Lutter water bottle and asked if that was his. My wife said 'Yes'." —Jeff Korman via Twitter

"My son who is eleven on his 5th birthday said 'I'm not a kid, I'm a man' and said 'I'm not a kid, I'm a man' and said 'I'm not a kid, I'm a man'." —Jeff Korman via Twitter



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

■ MYRNA PETERSEN

Family exploration uncovers personal story

Imagine my delight after discovering in 2004, a Danish book written on the controversial life of my deceased father's first cousin.

When Danish journalist Erik Haast released *Anna Hagedorn* shortly after her death in 2001, the country was abuzz and the first Danish person of 4,000 pages sold out within a few months.

I met our one-and-only cousin Anna while I was a teenager and she was in Canada visiting relatives. While she didn't speak English, nor could I converse in Danish, I immediately noticed her kind eyes. We were aware she had a checkered past and knew that her role in a shoot-out with freedom fighters discovered her hide-out with her Danish lover,

who was a secret German spy.

But we were quite unaware that she would have been involved before a firing squad of the King of Denmark had not intervened at the last hour and had her sentence commuted to life imprisonment. Following 11 years in prison, and a mysterious disappearance from her own nation, Anna Lorenzen resurfaced in Germany and there, herself, into human stories work. An advocate for vulnerable children during the Vietnam War, she often wandered through the jungles to find war-torn children who were in desperate need of medical attention. To thousands she was regarded as an angel of children, but in her Danish homeland, she was considered "a devil woman."



Myrna Petersen

For more than a year Erik Haast and I worked together. To translate this incredible story this was not an easy process since English was his third language and my knowledge of his language is limited. Giving credit to the wonderful inventors of the Internet, notes were exchanged

in dozens of emails and translated pages flitted back-and-forth over the ocean. We completed the English draft in October 2001 which in fact, is his final literary work. In January 2002 Erik Haast passed on.

Last November I travelled to Ben mark to meet Erik's widow and learn more details about Anna's controversial life. The translation of this book has been a richly rewarding exercise since I've uncovered an incredible story and passed greater insight into my family tree.

"Anna... Wife of a Gestapo Boss" by Erik Haast with Myrna L. Petersen is available at the Airtel Dodger in Regina. Saskatchewan's Mobility Solutions, or by inquiring at idealistic economists.ca.



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DAY TRIPS

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#SWIFT CURRENT

Variety show returning to the Lyric

By Ashley Martin

One of the province's last remaining vestiges of a time gone by is reviving its roots next weekend.

The Lyric Theatre in Swift Current will be hosting the sixth annual Cheatin'auque Theatre Festival, featuring a mixture of entertainment, from one-act plays to live music to a housing demonstration.

The Lyric was built for \$50,000 in 1918 during Swift Current's boom town era, it hosted vaudeville performances before becoming a movie theatre. Today it's one of the oldest theatres in Saskatchewan.

If you've read Maxine Tinkler's book, *The Little Showboys*, you can envision the vaudeville acts, big musicals and musicals and dance troupes and support local comedians taking turns performing for a packed house.

Five years ago, Rachel Warmenbaker spearheaded a festival reminiscent of touring entertainment from the past. Its focus is on old plays — like a fringe theatre festival — but with a variety of local entertainment thrown in.

The festival is named after the travelling outdoor summer circuses, *Cheatin'auques*, that roamed North America until about 1940. "It wasn't a travelling circus, but it was definitely a travelling performance, and there would be a tent and they'd go around to small communities like Swift Current and Earlton in the late teens and '30s," said Warmenbaker, the festival co-ordinator.

Relative to the Lyric's live theatre heyday and the history of Cheatin'auque, the festival has a loose 1890s theme — the convection features homemade pie and each show begins with ragtime music — but the plays are all contemporary said Warmenbaker. "We have a play and then we have everything from a house not to a past quarter before it, so it's at least of vaudeville," she added.

The plays are selected to appeal to different demographics — they range from family and light to dramatic and serious geared to children or adults.

One that Warmenbaker is particularly excited about is *Grin and Fashen* by Wm. derbush Theatre from Portland, Ore. The actors wear masks throughout the show which at about an old woman who tries to run away from death.



The Lyric Theatre in Swift Current, pictured since 1927, will be hosting six one-act plays including *Grin and Fashen* (inset). **SUBMITTER PHOTOS**

CHAUTAUQUA

July 18

6 p.m. — *Fools For Love*

9 p.m. — *Huff*

July 19

2 p.m. — *The Princess and the Pea*

6 p.m. — *Huff*

9 p.m. — *Fools For Love*

July 20

11 a.m. — *The Princess and the Pea*

4 p.m. — *More Power to Your Kicking Reel*

7 p.m. — *DOUBLE BILL — Grin and Fashen/Sound & Fury's Hitchcocked*

July 24

2 p.m. — *More Power to Your Kicking Reel*

6 p.m. — *Grin and Fashen*

9 p.m. — *Sound & Fury's Hitchcocked*

Tickets are \$15 each or a weekend pass (for shows) for \$50. Visit cheatinauque.ca for more information.

EXPLORE

■ The Chinook Parkway is a great place to take a stroll outdoors. Because it runs along the Swift Current Creek, it's a chance to see various birds and plants.

SHOP

■ The downtown Market Square features a farmers' and artisanal market with about 50 vendors. Each Saturday from 10 a.m. to 3 p.m., shop and experience live music performances — ranging from music to fashion shows to children's activities and themed festivals.

EAT

■ There are many local restaurants in this city of 16,000, but Warmenbaker highly recommends the new Indian restaurant, Bombayman's. "It is awesome," located at 242 Central Ave. N.

LEARN

■ The Mennonite Heritage Village gives a window of the lives of settlers from 1880 to 1920. There are related cultural events, like on July 28 (a watermelon festival) and Aug. 16 (a singing with delicious brought and sausage). It's open Friday through Sunday 2 to 5 p.m. near Mennonite Park.

■ Doc's Town depicts life on the Prairies 100 years ago with a blacksmith, general store, church, school, house, grain elevator and more. It's open weekend off hours near Kestrel Park.

■ The Art Gallery of Swift Current is an exciting place to see Sunday and features regional artwork as well as works from across Saskatchewan and Canada. It's at 418 Herbert St. E.

■ The Swift Current Museum looks at people and nature in southwest Saskatchewan. Their current exhibit is about climate change. Open daily at 44 Robert St. W.

CITY FACES

VOICE ACTOR

She can't sing, but Bird has quite the vocal range

By Ashley Martin

Dawn Bird speaks in a sultry drawl that's not an imitation: she can emulate Mickey Mouse or become Katharine Hepburn, or Jay-Z or Drake.

Bird is a voice actor. Though the profession is relatively new to her, she has been practicing it all her life.

Every Sunday growing up in Nelson, B.C., she'd set up a theatre and put on shows for her parents, siblings and stuffed animals were the stars. Other times, she'd recite every word in *YM* magazine, even the ads. She loved singing, but wasn't very good at it.

"I just really enjoyed reading and projecting my voice — and feeling important and out of my skin," said Bird, who runs B.E. See Productions.

She started the small company in 2008 to produce films and TV web series and multimedia. It's also a vehicle for Bird's voice work, which she never thought of as a career until she did her first narration job in 2004 for Bravo's *Real TV*.

Bird has mastered five voices that generally sound like an old man, an old woman, a little girl, a squeaky voice and a money talker.

She did all five for a radio book called *Animal Olympics* — a hard-a-moment, a not and a lion among the dinosaurs.

But the voice she uses most is her regular speaking voice.

"I'm a really dry speaker in general, but when I'm behind the mic, I change."

Bird operates commercial for unions and government programs (the #1 Health Line in the U.S.). She narrates *Comcast* tutorials as new employees hear her voice during training.

She does it all from Virginia, north of (from a sound) south of her home state. For companies in New Orleans, Toronto and Washington.

To get that international work, she had to take dialect lessons. Across the 50 states there is a standard voice in American TV and film.



Voice actor Dawn Bird has mastered five different voices and does narration work for commercials from a sound booth in her Regina home. (AP photo by JOHN MURPHY)

Right deviations can mean the difference between being heard or not.

"They think we say 'she's' like 'a boat,'" Bird explained. "It doesn't sound like that" to a trained ear.

The word *sexy* is supposed to sound like *sex*.

"We're misused on American television, so we're used to hearing it," said Bird. "So to us, we sound like we're sounding like them, but to them we sound completely off."

Getting it just right can be tricky.

It's why Bird has shelled with vocal experts — Turkey Pig voice: Bob Bergen among them. "He's phenomenal; he does like 20 voices."

Personas voice actors like Bird's add. Nancy Cartwright (the voice of Bart Simpson), how the best of both worlds. They can be rich, but still live a normal life.

Not that Bird expects to become rich and famous in her work. Her goal is to keep working and producing films, ideally in a year or two she'll be

able to hire some other help so she can spend more time with her family.

But she never plans to retire. "I'm going to be like Betty White."

Bird moved to Regina in 2001 when she was transferred from Nelson, her dog was working for Loblaw's, and she acted in the side.

To her surprise, shortly after moving, she met her husband Curtis Bird. They have two children, one-year-old daughter Joanne and six-year-old son Jacob.

She got her 18-year job at *Extra* Foods to pursue her own production company in 2009.

The question on everyone's tongue since last year's controversial film was: "Will you move away?" But Bird is here to stay.

Where there's a will, there's a way. I'm not going to be a multimillion-dollar company, I know that. But I'm going to be doing what I love. And, hopefully, I can put some other people to work.

SHARP EATS

See a food trend you think deserves a highlight in QC?

Email QC@leaderpost.com

or visit QC on Facebook

SASKATCHEWAN FOOD SCENE

Writers promote Canadian food on cross-country trip

By Jenn Sharp

Ten provinces, three territories, four months. Two Vancouver food writers are eating their way across Canada this summer on an epic road trip.

FEAST An \$8000 Road Trip began at the end of June. Friends and foodies Lindsay Anderson, 36, and Dana VanVleet, 21, will be promoting Canadian food through stories, photographs and videos during the trip.

They'll feature people and ingredients that strive to make each province's food systems more vibrant, sustainable and accessible.

The adventure will be stopping in Saskatchewan in August for an oral works to document and share one province's food culture. They plan on visiting Regina, Saskatoon, Moose Jaw and a few communities along the way. They've already made plans for a visit to Saskatoon Regional in Regina.

"We'll be incorporating as much craft beer into our trip as possible," said Anderson with a laugh.

Anderson, a.k.a. "Iron Chefess" recently finished a one-year stint for Tourism Saskatchewan's 360 Days of Dining Campaign. During the campaign she ate, wrote about and photographed a different restaurant in Saskatchewan every day. She said her experience and telling the stories about Saskatchewan's food scene inspired the cross-Canada food trip. She's also heard this country doesn't have any "Canadian foods." Her and VanVleet's goal is to highlight the country's diverse culinary offerings, along with the people (from chefs to farmers) that make it all possible.

"So rarely does Canadian food as a whole get celebrated," said Anderson.

She and VanVleet are raising money for the FEAST road trip through a flexible funding campaign on Indiegogo. It began June 13 and will continue until July 31. At press



Dana VanVleet (left) and Lindsay Anderson are embarking on a four-month cross-Canada food trip to write, photograph and promote the country's diverse culinary scene. They'll be in Saskatchewan for two weeks in August. bit.ly/142H2

time, they've raised \$1,800. Many have also contacted the nation to say they can't supply funds but have offered accommodations or food.

In exchange for donations people can expect their own magazine subscription with four months of stories, recipes, photographs and video. The two will also be compiling

a cookbook/travel diary from the journey.

They want to visit a variety of food destinations, like farmers' markets and farms, not just the best restaurants in each city.

Restaurants are great but also, if somebody tags my grandma down in Saskatoon and is growing/raising fo-

meat for her piglets, we would be thrilled to be able to experience the food culture as a personal food."

Those regionally-related food stories, the ones that are important to people, are the ones they want to tell.

"We're open to any adventures that we'll get up to as our time there

and are hoping people will suggest things."

To get on track with the FEAST to dine and support your own Saskatchewan foodie trip, visit www.cdnfeast.com. If you're interested in contributing to the journey, a link on the website will take you to the Indiegogo fundraising campaign.

EVENTS

MUSIC

Thursday, July 4

Peatbog Baddeley
Hoon, Regina Downtown summer concert series
7 P.M. Hi-Mall South Street

Scene of Daughters
Creative City Centre
1843 Hamilton St.

Dan Holloway, Alan Mullock
The Club at The Exchange
3433 4th Ave.

Embrace Associates
McCarthy's, 2226 Dewdney Ave.

Friday, July 5

The Extraverts, The Floride
Phonations, 1847 South St.

SWR, Royal New Brigade
Tomorrow's Today
The Exchange, 3433 4th Ave.

Don Davis with Matt Tambourin
Creative City Centre
1843 Hamilton St.

Don Siffer Band
McCarthy's, 2226 Dewdney Ave.

Big Chill Fridays with DJ Paulini
The Lounge, 4509 Lombard.

The Milkmaiden Saus
The Spa, 306 Albert St.

Saturday July 6

Mary Gauthier, Scott Nollen, Joanna Miller
The Exchange, 3433 4th Ave.

Don Siffer Band
McCarthy's, 2226 Dewdney Ave.

Alto in Chalks with Chevelle
and Monster Truck
Brands, 4444 Plaza

Ray Allen
G-Lens Tribute to the King
Casino Regina Show Lounge
1843 Saskatchewan Dr.

The Milkmaiden Saus
The Spa, 306 Albert St.

Sunday, July 7

Ray Allen
E-Lens Gospel and Love Songs

Casino Regina Show Lounge
1843 Saskatchewan Dr.

Monday, July 8

Monday Night Jazz & Blues
Little Chicago
Fushkewler
2206 Dewdney Ave.

Tuesday, July 9

Tuesday Night Troubadour
Jim Smith
Every Tuesday, 8 p.m.
Records, 2007 Park St.

By Divine Right
Orations, 1947 South St.

Wednesday, July 10

Wednesday Night Punk With Boss
Fushkewler
2206 Dewdney Ave.

Jan Night
Every Wednesday
McCarthy's, 2226 Dewdney Ave.

Forever My Love, Snow
Whisper's Passion Bits, Cheese
Chomp Afternoon
The Club at The Exchange,
3433 4th Ave.

Scapione, Joy Cape, Jon
Seedman
The Exchange, 3433 4th Ave.

ART

Sunday Art Market
Weekly community-based
merchandise with live-artist
performances.
July 5, 2-7 p.m.
Cathedral neighbourhood
Centre, 2900 13th Ave.

David Borden
July 6-Me 31
Museum Gallery, 2796 13th Ave.

Alignments
A series of texts, images and
elements by Kevin Redden and
Luz Kirsch
Until July 9, Regina/Golden
9030-1850 South St.

The Power of Music: Saskatchewan
and the Arts
Until July 26, Royal Saskatchewan
Museum, 244 S. Albert St.

Lips
Photography and media art by

Kris Dondraghen
July 10-Aug. 5
18th Avenue Gallery, 4 of 4
Bridges Centre
3373 Muskeg Parkway

Please Share
Video comment on arts in
public space
Until Aug. 5, Neutral Ground,
4233-1846 South St.

Cauldron Tales
Watercolours by Joseph
Anderson
Until Aug. 1, Dunkin Art
Gallery - Central Library, 2311-
12th Ave.

The Artists of Scott Nicholson
Fire Arts
Until Aug. 16, Regina Centre
Creative, 1821 Albert St.

Play
An interactive installation
by Helen Hale and Jeff
Morton, using piano sound
and images.
Until Aug. 23, Outlook Art
Gallery, Central Library, 2311-
12th Ave.

Drawings
Gleneshaw Craft Council
show, until Aug. 23,
MacKinnon Art Gallery, 3475
Albert St.

How We Filled the Vault: 60
Years of Collecting at the
MacKinnon Art Gallery
Until Sept. 1, MacKinnon Art
Gallery, 3475 Albert St.

Sam Steele: The Journey of a
Canadian Artist
Until Sept. 2, RCMP Heritage
Museum, 1500 Dewdney Ave.

Greatest Hits: The Joint Tour
of Canadian Art
Until Nov. 24, MacKinnon Art
Gallery, 3475 Albert St.

Artwork Gallery
2446 Albert St.
Open Tuesday to Saturday, 10
a.m.-6 p.m.

Site Plus Art Gallery
2018 Halifax St.
Open Tuesday to Friday, 10

a.m.-8 p.m., Saturday 10 a.m.-
5 p.m.

COMEDY

Comedy night
Every Saturday night
Galsbury, 2206 Dewdney Ave.

THEATRE

Regina International Fringe
Theatre Festival
July 10

3:30 p.m. - Taken from the
Twilight

5:15 p.m. - Grand Quixote
7:30 p.m. - First: Lonely At Last

9:15 p.m. - Phoenix & Phoenix
July 11, 10 a.m. - The Artist
The Artist, 2627 12th Ave.

3:30 p.m. - The Best Damn
Horse in the Country
5:15 p.m. - Complete History
of the Housatonic

7:30 p.m. - Money the Stout
Puppet
9:30 p.m. - News, What I Want
in Facts

12 p.m. - Money the Stout
Puppet
9:30 p.m. - News, What I Want
in Facts

3 p.m. - Confessions of a
Fairy's Daughter
5:15 p.m. - Malevolent
6:15 p.m. - Dusty Shosh
MacKinnon Art Gallery, 3475
Albert St.

4 p.m. - Half Her
5:45 p.m. - Turn of the Screw
6 p.m. - Circle
Regal Saskatchewan Museum,
2444 Albert St.

3:30 p.m. - Forget Me Not
5:15 p.m. - Jaws
7:30 p.m. - Now Open
8:15 p.m. - You Know to Paint or Read
9:15 p.m. - One Hour Over the
Culbale

10:15 p.m. - One Hour Over the
Culbale
MacKinnon Centre, 2700 Col-
lege Ave.

SPECIAL EVENTS

Vega Party
July 4, 5-8 p.m.
Victoria Park, downtown

Salsa on the Plaza
Hosted by Regine Salazar
July 4, 7-10 p.m.
City Square Plaza, downtown

Regine Red Sox vs. Yorkton

What you need to know to plan your week.
Send events to QC@leaderpost.com

Cardinals
July 4, 7:05 p.m.
Cunne Field, Ring Road and
Winning Street

Art in the Park
Hosted by Regina Art Gallery
July 5, noon-1:30 p.m.
Victoria Park, downtown

Friday Film Fun
Friday Film Fun
July 5, 2:30-5:30 p.m.
Regal Sask. Museum, 2444
Albert St.

Green City Cruise
July 5, 5-9 p.m. - City Square
Plaza, downtown

July 6, 10 a.m.-4 p.m. - Win-
chester Park/Waterfront Bulb
9:45-11 p.m. - Regal Park
Speedway

July 7, 1-5 p.m. - Kings Park
Speedway

Saskatchewan Roughriders
vs. Calgary Stampeders
July 6, 7 p.m. - Mosaic Stadium

Regina Farmers' Market
Every Saturday, 9 a.m.-1 p.m.
City Square Plaza, downtown

Weather at Mat
Saturday is the Summer
July 6, 11 a.m.-3:30 p.m.
Regal Sask. Museum, 2444
Albert St.

Le Campagnole Italiana Dance
and Regina Police Service
Poker and Drums
Cubans on the Plaza, hosted by
Regina Multicultural Council
July 6, noon-1 p.m.
City Square Plaza, downtown

Victoria's Tree
Hosted by the Government
House Historical Society
July 6 and July 7
1 and 2 p.m. at 4233 Regal
101-5853 Forestview
Government House, 4607
Dewdney Ave.

Ready, Set, Speak
An introduction to spoken
word with Kyla Fraser
July 6, 2-4 p.m.
Creative City Centre, 1843
Hamilton St.

Regine Red Sox vs. Yorkton

Regine Red Sox vs. Melville
Hibernation

Words in the Park
Hosted by Saskatchewan
writers' guild
July 10, noon-1 p.m.
Victoria Park, downtown

Enter Saskatchewan
Canada by Miss World Canada
Hustia Munro
July 10, 8-9 p.m.
Records, 2007 Park St.

Regine Red Sox vs. Yorkton

Cardinals
July 10, 7:05 p.m.
Cunne Field

July 7, 7:05 p.m.
Cunne Field, Ring Road and
Winning Street

Golf Tournament
July 8, Wascana Golf and
Country Club

Vega Party with the service
Huber
July 6, noon-1 p.m.
Victoria Park, downtown

Regine Red Sox vs. Yorkton

Prospects
July 6, 7:05 p.m.
Cunne Field, Ring Road and
Winning Street

The Talkies with Japine
Pfeifer
July 6, 7:30 p.m.
Creative City Centre, 1843
Hamilton St.

Wine-Nights Off Season
with RCMP Heritage Centre
July 9, 6:30-10:30 a.m.
Victoria Park, downtown

Ukulele Fest
July 9, 5:15-6:30 p.m.
Victoria Park, downtown

Chess in the Park
July 9, 10 a.m.-1:30 p.m.
Victoria Park, downtown

Regine Red Sox vs. Yorkton

Prospects
July 7, 7:05 p.m.
Cunne Field, Ring Road and
Winning Street

Regine Farmers' Market
Every Wednesday, 9 a.m.-1 p.m.
City Square Plaza, downtown

Words in the Park
Hosted by Saskatchewan
writers' guild
July 10, noon-1 p.m.
Victoria Park, downtown

Enter Saskatchewan
Canada by Miss World Canada
Hustia Munro
July 10, 8-9 p.m.
Records, 2007 Park St.

Regine Red Sox vs. Yorkton

Cardinals
July 10, 7:05 p.m.
Cunne Field

ON THE SCENE

GEORGE REED GOLF TOURNAMENT



OUTSIDE THE LINES



Colouring contest

Each week artist Stephanie McKay creates a family illustration meant to please kids of all ages. Children can colour the page, have a picture taken with the finished product and email it to gc@leaderpost.com by Monday at 9 a.m. One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's GC colouring contest winner was **Freely Stalennor**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1 "Hurricane" precedes

9 (Gordon) (down)

16 (Gordon)

14 Polygraphed subject

19 ... (Linda) (31 N)

(resident since 2002)

18 "The Supremes"

(down)

16 (down) ... (picks)

(fruit)

20 Occasional

21 La Jolla's

performers

23 Film fest week?

25 (down) (down) title role

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more

28 ... (rock)

30 Something (down)

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33 Popular (down)

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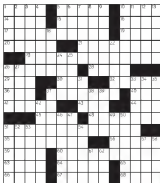
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PUZZLE BY SARAH W.

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JAMNIG
CLASSIC
SUDOKU

Level 1 (down)

Fill in the blank only

using numbers 1 to 9

Each number can appear

only once in each

row, column and 3x3

block. Use logic and

process of elimination

to solve the puzzle.

The difficulty level

ranges from (down)

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Solution to the
crossword puzzle and
the Sudoku can be
found on Page 38

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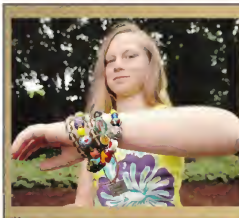
- engagements
- weddings
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- births
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WINE WORLD

J. LOHR RIVERSTONE CHARDONNAY

Sip this Chardonnay and watch the river flow

By James Romanow

There are few happier ways of spending an evening than reading a good book and drinking a glass of wine. When I read a Steve Wozniak I develop an insatiable craving for beer. While Cassanova's memoirs I found myself wallowing in Pinot.

But ignoring the subliminal seduction offered by the author, your choice will always depend on your own tastes. As I was reading Anthony Bonello's latest whodunnit, I felt it only proper to try out one of Anthony's favourite wines, Lohr Chardonnay.

There is a big fan of ripe Chardonnays' out there, not so much. But this is no longer so true as it once was. Although it is possible the reason was Tony's guess. I found myself being drawn back to a wine that I consumed by the barrel in the late '80s and '90s.

Lohr's Riverstone label is part of the reason. They grew the vines on the backside of the Santa Lucia range, about 60 kilometres from the coast. The cooler average temperatures make for a more balanced wine than those made from hotter inland vineyards.

The bouquet is slightly effusive with some hints of peach. The palate is pure Chardonnay, with a sweet acidity and that rarely strongest of ingredients, Baco. The finish is lighter than you find in wines from Chile.



but will suit any number of drinkers for their reason.

This is a very nice drinking wine, particularly suitable to last afternoon watching the river flow. I would strongly recommend you drink it a bit warmer than is usual for a white, around the 13 to 15 degree mark. I enjoyed a good part of the bottle at room temperature. But, as noted above, it's always best to suit yourself.

A Lohr Riverstone Chardonnay 2011 \$24.99
More Chardonnays in Marilyn's Leader Post or on Twitter @bromanow

Crossword/Sudoku answers

BAKE	SCARF	BADE							
OLEO	TIMOR	ILES							
WOLF	DARRE	GITA							
LEO	LOS	LORES							
WEI	REY	MITI	IRE						
JEANNIE	NOAR								
ALT	MAP	NYLON							
CHC	WOC	CTA	IVE						
KIRBY	GRG	TEP							
WOL	ELAN	NEALS							
OMARE	PPA	OLIAS							
VERA	AND	TON	IST						
EGGY	GLON	AKKA							
HAYS	ITIC	NESE							

9	8	3	2	1	6	7	5	4	
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5	2	7	8	4	9	6	1	3	
2	9	1	4	6	5	8	3	7	
7	5	8	1	2	3	4	9	6	
3	6	4	7	9	8	5	2	1	
8	1	2	5	7	4	3	6	9	
4	3	9	6	8	1	2	7	5	
6	7	5	9	3	2	1	4	8	

Sears
OUTLET

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kensie Roots PAULA DEEN PALLISER HUTCHESON

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